

# Senior Wave

A Newsletter of the Maryland Department of Aging

Volume 3, No. 3/Winter 2008



**Welcome to 2008!** Have you made any resolutions this year? If you are like many others, you have resolved to make this the year that you keep your promise to adopt a healthier lifestyle. Are you thinking about starting a fitness program?

Go for it! Do you have a few pounds to lose? Go for it! Are you ready to commit to a healthier diet—one low in fat, rich in fruit and vegetables and high in fiber? Go for it! Or, perhaps this is the year that you are really going to quit smoking? Nike, the well-known athletic wear company says, “Just Do it”! Do you need an incentive? Consider this. For Marylanders over age 65:

- Cardiovascular disease is the leading cause of death.
- Diabetes is the fifth leading cause of death.
- The complications of heart disease and stroke are 2-to-4 times higher for people living with diabetes than in people without the disease.
- In 2002, heart disease and stroke alone totaled \$813 million in hospital charges in Maryland.
- In 2004, it was estimated that the cost of diabetes care in Maryland was \$84 million.

As we age, it is essential to maintain good health through early detection and initiatives to prevent the onset of chronic diseases. By encouraging the use of Medicare’s preventive services and lifestyle changes, that include healthy diets and routine fitness, we have the potential to achieve improved health outcomes that translate into a higher quality of life, lower rates of disability, and reduced costs for health care and long-term care.

If you are already taking steps to improve your health, good for you! If not, it’s never too late. For

ten great habits that can help you stay at your best in 2008 and beyond, read the article “*Active Aging for the New Year*” on page four in this issue. You can also take advantage of a variety of health promotion, fitness programs and activities offered by your local office on aging. Give them a call and start now on your way to a healthy lifestyle.

Wishing you a happy and HEALTHY New Year!

Secretary of Aging

## Maryland Department of Aging Staff Answers The Call For Charitable Giving

With a staff of just 53 employees, the Maryland Department of Aging exceeded its 2007 Maryland Charity Campaign goal by 5%. Staff contributed more than \$11,000 to the campaign. This is the second year in a row that the Department has exceeded its campaign goal.

When the Maryland Food Bank issued its annual call for food donations during the holiday season, MDOA staff answered the call. As part of its holiday community outreach, staff donated 363 pounds of food to the Maryland Food Bank.

Staff also donated hats, gloves, scarves, mittens, shoes and toiletries to the House of Ruth, a shelter for female victims of domestic violence and their children. ■

# Highlights . . .

## Secretary Lawlah Welcomes Commission on Aging Members

Maryland Secretary of Aging Gloria Lawlah welcomed current and new members of the Commission on Aging at its first meeting since new members took office. Stuart Rosenthal, who has served a four-year term on the Commission, was reappointed and was named its Chairman.

***“I am pleased with Governor O’Malley’s choices of new Commissioners, and that Stuart Rosenthal has accepted the appointment as Chairman of the Commission,”*** said Secretary Lawlah.

The Commission on Aging is a diverse group of individuals with expertise in many different areas. The Commissioners are:

**Mr. Stuart Rosenthal, Chairman** (Montgomery County). He currently publishes *The Beacon* senior newspaper. Prior to being appointed to the Commission, he was an active member of the Montgomery County Commission on Aging.

**Dr. Young Dae Cha, Ph.D** (Montgomery County). A pharmacist in practice for 20 years, he also serves as Chairman of the Board of Directors of the Maryland Chapter of the League of Korean Americans.

**Mr. Richmond Davis** (Montgomery County). An attorney in practice for 30 years in criminal and civil law, now specializes in elder law.

**Honorable Barbara Frush** (Prince George’s County). Maryland House of Delegates.

**Ms. Queen Logan Gladden** (Charles County). A former educator currently self-employed in the planning of special events. Also serves on the board of the Maryland Injured Workers Fund.

**Mr. Lee Hammond** (Wicomico County). National Treasurer for AARP; board member of MAC, Inc. and the Maryland Rural Health Association.

**Ms. Maria Jimenez** (Montgomery County). Works in the field of Long Term Care; currently Director of Quality Assurance at the Kensington Nursing and Rehabilitation Center in Montgomery County.

**Ms. Louise E. Lynch** (Frederick County). Retired after a career spanning 40 years working with seniors. Active on the board of her community’s Women’s League and a member of Voices for Quality of Care.

**Ms. Paula Martin** (Prince George’s County). A retiree of the State of Maryland.

**Ms. Irene Reid** (Baltimore City). A retired social worker who worked with seniors in adult day care facilities.

**Reverend David Simpson** (Montgomery County) Methodist Minister of a church in Mt. Airy who has a personal interest in care for the elderly.

---

The Commission on Aging is the advisory body to the Maryland Department of Aging and the Governor of Maryland, and is charged with the responsibility to review and make recommendations with respect to ongoing statewide programs and activities. (Title 10 of the new Human Services Article. Formerly Article 70B, annotated Code of Maryland).■



**Merle Stanley**, winner of the 2007 Maryland Senior Idol Competition, entertains staff at the Maryland Department of Aging’s holiday event. Ms. Stanley, 63, took first place at the competition with a perfect score of 75 among 16 competitors to win the coveted title, a microphone-shaped trophy, and a \$500 prize. The competition, hosted by the Harford County Department of Community Services’ Office on Aging, was held on November 27, 2007 at the Chesapeake Arts Center in Brooklyn Park, Maryland.■

# Highlights . . .

## St. Mary's County Department of Aging Enjoys A Visit From Secretary Lawlah

The St. Mary's County Department of Aging was pleased to host a visit by Maryland Secretary of Aging Gloria Lawlah, who spent the day on December 10<sup>th</sup> meeting the department staff and greeting participants of the County's senior centers and the Medical Adult Day Program. Secretary Lawlah had an opportunity to see and learn about the agency's valuable work and services, which enhance the lives of older adults in St. Mary's County. ■



Secretary Lawlah admires the craft skills of Mary Bush (center) and Mary Nelson (right) at the Northern Senior Center.



Secretary Lawlah and Francis Jack Russell, President of the St. Mary's County Board of Commissioners, admire a quilt at a local senior center.

## Seniors Convene in Annapolis to Discuss Legislative Priorities

Seniors from throughout the State assembled at the Francis Scott Key Auditorium on the campus of St. John's College in Annapolis on Tuesday, January 22 for the United Seniors of Maryland's (USM) 31<sup>st</sup> Annual Legislative Rally. The theme of this year's rally – "Meeting Seniors Needs" – focused on promoting adequate funding of programs for (a) seniors to live in their communities, (b) seniors to get adequate health care, and (c) seniors to receive quality nursing home care.

USM's 2008 legislative priority is to support resolving the State's structural budget deficit so as to not unfairly burden seniors; start by requiring the business community to pay its fair share of taxes; and support addressing the State's service deficit (programs and services the State provides to assist citizens who need help). Although other needs for seniors are spelled out as part of this priority, it is clear that without revenue, these needs will never be addressed.

Governor Martin O'Malley, along with Secretary of Aging Gloria Lawlah, Speaker of the House of Delegates Michael E. Busch, and U. S. Senator Benjamin L. Cardin, addressed the assembly. Governor O'Malley stressed the importance of maintaining current funding levels for senior programs and services, and vowed that his administration would continue to do all that it can to protect the economic security of Maryland's seniors and provide them with healthy and safe choices for living.

Other guest speakers, including Stuart Rosenthal, Chairman, Maryland Commission on Aging; John P. Stewart, Executive Director, Baltimore City Commission on Aging and Retirement Education; Matthew Weinstein, Coordinator, Alliance for Tax Fairness; and Richard Strombotne, President, Maryland Active and Retired Federal Employees Association, echoed Governor O'Malley's concerns and commitment to the needs of seniors.

(Continue on back page)

# Active Aging for the New Year!

By Joseph V. Gennusa III, Ph.D, RD, LDN, Nutrition and Health Promotion Programs Manager, Maryland Department of Aging

One of the most important things you can do for your health, at any age, is to exercise. Exercise keeps your body strong, and it helps with how you feel. People who stay active are less likely to get depressed. Exercise can be anything from walking to gardening to working out at the gym. The important thing is to get moving at least 30 minutes every day. No matter what your age or condition, there is a type of exercise that's right for you.

Your mental and emotional health is also vitally important. Protect or improve your emotional health by staying in touch with friends, family and the community. People who feel connected to others are more likely to thrive than those who are not.

Try to keep stress at a minimum. In addition to getting regular exercise, you can take charge of how stress affects you by taking 20 minutes a day to just relax. Protect or improve your memory and mental sharpness by keeping your brain active through learning, doing crossword puzzles, or playing cards or strategy games.

Depression can be a serious problem for older adults. If you think you may be depressed, seek help from a licensed professional.

## Ten great health habits that can help you stay at your best in 2008:

1. Eat a healthy, balanced diet. Remember, "YOU ARE WHAT YOU EAT!"
2. Avoid salty foods and foods with a lot of fat in them, such as fried foods.
3. Consume only lean meats, such as fish, poultry, wild game, beef or pork, but make sure it is baked, broiled, or grilled.
4. Consume only 1% dairy products or less, such as fat-free or skim.
5. Consume plenty (five-to-nine servings) of vegetables and fruits every day. Try new vegetables and fruits when you have the chance. Eat seasonally.
6. Use only whole grains—not refined grains. LOOK in your favorite foods ingredients for whole grain flour.
7. Try to consume more ground beans or legumes, such as kidney, black, navy or white beans at least twice per week.
8. Make formal exercise (warm-up, exercise, cool down, and stretching) a part of your daily routine for at least 30 minutes.
9. If you smoke—QUIT!
10. Remember to laugh as much as possible and enjoy life!

(Article adapted from: <http://health.msn.com/health-topics/aging>)



To receive a copy of the brochure, "Join Other Active Seniors," contact the Maryland Department of Aging at 1-800-243-3425.

## Are You Prepared For Winter Conditions and Emergencies?



The winter months are upon us. Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing in advance for winter emergencies and by observing safety precautions during times of extreme cold weather, you can reduce the risk of weather-related problems.

The Centers for Disease Control (CDC) offers the following advice to help you cope with winter conditions and emergencies.

**Emergency Supply Kit.** The CDC recommends that people have an emergency supply kit that includes enough water, dried and canned foods, emergency supplies (flashlights, batteries, first-aid supplies, prescription medicines, and a digital thermometer) to last at least 3 days. Use battery-powered flashlights and lanterns rather than candles, gas lanterns, or torches.

**Prepare Your Home For Winter.** Insulate water lines, doors and storm windows, use weather stripping, install easy-to-read outdoor thermometer, have chimney and flue inspected, and service snow-removal equipment.

**Prepare Your Car For Winter.** Have maintenance service on your vehicle as recommended; keep the gas tank full to avoid ice in the tank and fuel lime; have radiator system serviced or check the antifreeze level, add antifreeze, as needed; replace windshield-wiper fluid with a wintertime mixture; replace any worn tires and check the air pressure.

**Listen To Weather/Emergency Broadcasts.** Find out how your community warns the public about severe weather. Know what winter storm warning terms mean.

### Stay Safe and Healthy

**Hypothermia.** Your ability to feel a change in temperature decreases with age, and older people are more susceptible to health problems caused by cold. If you are over 65 years old, check the temperature of your home often during the winter months. When exposed to cold temperature, your body begins to lose heat faster than it can produce. Low body temperature may make you unable to think clearly or move well. You may not know you have hypothermia. If your temperature

is below 95°, the situation is an emergency—get medical attention immediately!

**Frostbite** is an injury to the body that is caused by freezing, resulting in a loss of feeling and color in the nose, ears, cheeks, chin, fingers or toes. Seek medical care if you think you have frostbite.

**Exertion.** Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Remember, your body is already working hard just to stay warm, so don't overdo it.

**Carbon Monoxide Poisoning (CO)** is an odorless gas that can cause sudden illness and death if inhaled. When power outages occur during winter storms, the use of alternative sources of fuel or electricity for heating, cooling, or cooking can cause CO to build up in a home. Generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning devices should NEVER be used inside a home, basement, garage, or camper—or even outside near an open window. Every home should have at least one working CO detector.

**Power Outages.** The CDC offers tips to help you prepare for the sudden loss of power.

**Eat and Drink Wisely.** Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages, they cause your body to lose heat more rapidly.

**Dress Warmly.** Dress in layers, it helps to keep in body heat. Use extra blankets. Move around, physical activity raises body temperature. Wear a hat, scarf or knit mask to cover face and mouth, gloves (and boots, if needed) when outdoors. Limit outdoor activity.

**Icy Conditions.** Remember, stairways and sidewalks may be icy and increase the risk of falls. Keep these areas clear and snow free. Use salt, sand or other materials to provide traction in these areas.

**Check on Elderly Friends and Neighbors** to ensure that their homes are adequately heated and they get all the necessary help needed.

---

For more information and tips on winter weather preparedness and safety, contact the CDC at: 1-800-CDC-INFO; TTY: 1-800-232-6348; Email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov); or visit their website at: [www.emergency.cdc.gov/disasters/winter](http://www.emergency.cdc.gov/disasters/winter), or call your local Area Agency on Aging. ■

# Homeowners Tax Credit Programs

The **Homestead Tax Credit** law helps homeowners deal with large assessment increases on their principal residence by limiting the amount of assessment increases on which an eligible resident homeowner actually pays County, Municipal and State property taxes. Every county and municipality in Maryland is required to limit taxable assessment increases to 10% or less each year.

A new law enacted by the General Assembly and effective October 1, 2007, requires all homeowners to make a one-time application in order to be eligible to receive or continue receiving the Homestead Tax Credit. The application is required to insure that all property owners receive the credit on their principal residence and not on properties used for other purposes, such as rental or vacation homes.

The Department of Assessments and Taxation included the application in notices mailed to property owners being reassessed this year. Homeowners whose properties are not included in the one-third

being reassessed this year, can wait until their properties are assessed in the next two years to submit an application.

More information about the Homestead Tax Credit can be found at:

[www.dat.state.md.us/sdatweb/htc.html](http://www.dat.state.md.us/sdatweb/htc.html)

---

The **Homeowners' Property Tax Credit program** provides property tax credit for property taxes that exceed a fixed percentage of a person's income. This program, formerly known as the "Circuit Breaker," is now available to all homeowners who meet the eligibility criteria regardless of age.

Information on the Homeowners' property Tax Credit Program may be found at:

[www.dat.state.md.us/sdatweb/htc.html](http://www.dat.state.md.us/sdatweb/htc.html)

---

## ***The Maryland Senior Olympics are Back!***

Registration for the 2008 games will open in late January or early February.

The *Maryland Senior Olympics* is a non-profit organization, whose mission is to provide competition and camaraderie for mature adults, age 50 and older. Since 1980, the State games have been held on the campus of Towson University. Many competitors have advanced to the National Senior Games and returned as U. S. champions.

Beginning in September 2008, the games will have a new direction. Montgomery County has proudly accepted the opportunity and challenge of administering the State games. Ted Wroth, retired from the County's Recreation Department, is the new executive director. Most of the favorite events will continue, and some new sports events may be added to the lineup.

There are many ways to become involved in the *Maryland Senior Olympics*. You can become an athletic participant — start your training now! You can become a volunteer. Volunteers are always needed and very appreciated. You can become a sponsor or donor—financial or otherwise.

You can get more information about the *Maryland Senior Olympics* by contacting Ted Wroth at 240-777-8080 or email him at [ted.wroth@mdseniorolympics.org](mailto:ted.wroth@mdseniorolympics.org). You can also visit the website at [www.mdseniorolympics.org](http://www.mdseniorolympics.org). The mailing address is: Maryland Senior Olympics, 12900 Middlebrook Road, Germantown, MD 20874. ■





# The switch to digital television (DTV) is coming.

*Get ready for dramatically better television.*

**By law, all American television stations must switch** their broadcasting from analog to digital by February 17, 2009. Television sets connected to cable or satellite will not be affected, and will continue to receive programming after that date. But those television sets not connected to cable or satellite, or without a DTV converter box, will not receive any television signal after the date of the switch.



**DTVAnswers.com**

## What is Digital Television (DTV)?

**Digital Television (DTV) is an** innovative new type of broadcasting technology that will transform your television viewing experience. DTV enables TV stations to provide dramatically clearer pictures and better sound quality. DTV can also offer multiple programming choices, interactive capabilities and data services such as significantly enhanced closed captioning.

## Why the switch?

**Under legislation passed by Congress** – the Deficit Reduction Act of 2005 – free local broadcast television stations are required to turn off their analog channels on February 17, 2009, and continue broadcasting exclusively in the digital format.

## What are the benefits of DTV?

**Digital television allows stations to** offer a number of new and better services. In addition to providing dramatically better pictures and sound quality, DTV also enables TV stations to provide several channels of programming at once. This is known as “multicasting.” DTV can also be used to provide data services (such as significantly enhanced closed captioning) that are not possible with analog technology.

## Who will be affected?

**Consumers who receive free** television signals through antennas (rabbit ears) on television sets that are equipped with analog tuners – and who do not subscribe to cable, satellite, or a telephone company service provider – will be affected by the transition.

**At least 19.6 million households receive** only over-the-air signals in their homes, and approximately 70 million television sets are at risk of losing their signals after February 17, 2009, if owners of these sets do not make the easy transition to DTV.

## How can I switch to DTV?

**You can make the switch to DTV by** following one of three easy steps by February 17, 2009:

- 1. DTV converter box:** Purchase a DTV converter box that plugs into your existing analog set. A converter box will enable you to receive free television reception, and the boxes will be available for purchase in early 2008. At that time, the federal government will provide \$40 coupons that you may use toward the purchase of these boxes.

*(continued on back)*

**2. New television set:** Purchase a new television set with a built-in digital tuner.

**3. Paid service:** Subscribe to cable, satellite or a telephone company service provider to continue using your analog TV set, if all desired local broadcast stations are carried by that service.

## What is a DTV converter box?

**A DTV converter box is an easy-to-install electronic device that hooks up to your analog television set and over-the-air antenna and converts the digital television signal into analog, making it viewable on your analog TV.**

## When can I get a coupon for a DTV converter box?

**The National Telecommunications and Information Administration (NTIA) will issue coupons for DTV converter boxes in early 2008. Households will be able to apply for up to two coupons, valued at \$40 each, which must be redeemed within three**

months of receipt. Go to [www.ntia.doc.gov](http://www.ntia.doc.gov) for more information.

## Can I keep my analog TV set?

**Yes. Buying a new digital television set isn't the only option you have for navigating the DTV transition. If you wish to continue using your analog set, you must consider one of the following options to make the switch to digital television:**

1. Purchase a DTV converter box, which will convert the new digital signal into the analog format for older televisions.
2. Switch to a cable, satellite or telephone company service provider to receive the new digital signal.

## How do I know if I have an analog or digital television set?

**To check whether your TV set can receive over-the-air digital broadcast signals, take a look at your owner's manual or look on the set for an indication that it has a built-in Advanced Television Systems**

Committee (ATSC) tuner. You can also go to the manufacturer's Web site and check the capabilities of the set by manufacturer model number.

## Is HDTV the same thing as DTV?

**No. HDTV is the highest quality of DTV, but it is only one of several formats. In addition to HDTV, the most common format is Standard Definition Television (SDTV). Consumers who have high definition TV sets may receive free high definition television programming over the air using an antenna.**

## Will I need a special antenna to receive DTV over-the-air?

**In general, dependable reception of DTV will require the same type of signal reception equipment that currently works to provide good quality reception of analog TV signals. If you currently need a roof-top antenna to receive television, the same antenna generally will be needed to receive DTV.**

**DTVAnswers.com**

An initiative of the National Association of Broadcasters, which represents more than 8,300 free, local radio and television stations and broadcast networks across the country.







## The Purpose Prize

*For Americans Leading  
With Experience*

Do you know someone, 60 years of age or older, who is taking on society's biggest challenges – someone with the passion and experience to discover new opportunities, create new programs, and make lasting change?

### ***Civic Ventures would like to honor this person with The Purpose Prize***

Founded in the late 1990s, Civic Ventures is a think tank and an incubator generating ideas and inventing programs to help society achieve the greatest return on experience. Civic Ventures brings together older adults with a passion for service and helps stimulate opportunities for using their talents to advance the greater good.

Each year since 2006, Civic Ventures has awarded The Purpose Prize: five \$100,000 investments and ten \$10,000 investments in exceptional individuals who are defying expectations by channeling their creativity and talent to address critical social problems at the local, regional, or national level. The winners are effective and action-oriented innovators who have launched their works after age 50. They are retired or work in non-profit or for-profit organizations or government agencies devoted to tackling the hardest challenges of our time; homelessness, social justice and human rights, violence, poverty and hunger, health, education, and the environment, to name a few.

If you would like more information about Civic Ventures, or would like to nominate someone or yourself for The 2008 Purpose Prize, call:

415-222-7486

or

email: [akent@civicventures.org](mailto:akent@civicventures.org)

**All nominations must be received by 11:59 p.m. ET  
March 1, 2008**

(Information provided by Civic Ventures)

## Who Are "The Purpose Prize" Winners?

*In 1999, at age 84, H. Gene Jones, a decorated WWII bomber pilot, created "Opening Minds Through The Arts." The K-8 program integrates the arts into core curricula as a way to boost individual academic achievement and improve at-risk children's chance for future success. Mr. Jones is a \$100,000 TPP winner. ■*

*In 2004, at age 67, Dr. Gloria Jackson Bacon founded Project 18, which teaches parents, individually and in groups, how to inspire and support their children. Project 18 works to build healthy families and communities that will help children thrive emotionally, socially, physically and academically. Dr. Bacon is a \$10,000 TPP winner. ■*

*In 2004, at the age of 57, Dr. Donald Berwick, a pediatrician with a master's degree in public policy, and his organization, the Institute for Healthcare Improvement, launched a political-style campaign – called the 100,000 Lives Campaign -- to improve hospital safety and save lives by helping hospitals reduce unnecessary deaths. Dr. Berwick is a \$100,000 TPP winner. ■*

*In 1996, Wilma Melville, a retired physical education teacher, founded the National Disaster Search Dog Foundation—a program to train abandoned dogs from shelters( in about a year) to become FEMA-certified, disaster-ready dogs to work side-by-side with firefighters and rescuers in emergency situations. Today, there are more than 150 FEMA-certified dogs in the United States. Ms. Melville is a \$100,000 TPP winner. ■*

# Good News . . .

GOOD NEWS is a series featuring programs, services and highlights of local Area Agencies on Aging

## **Baltimore County Department of Aging**

- The Baltimore County Department of Aging, Division of Senior Centers and Community Services, offers a variety of programs to help individuals increase socialization. There is something for everyone 60 and older.
- Throughout 2008, the Department will offer 12 different programs (within the 19 senior centers) to assist individuals in addressing challenges dealing with the death of a loved one, or changes in health status and abilities. All presentations are *free of charge* and open to the public.

## **Cecil County Department of Aging**

Senior Services and Community Transit of Cecil County recently relocated to the new County Administration Building at 200 Chesapeake Boulevard in Elkton, MD. The Buckworth Center has closed and the new senior center, the Elkton Center, is also located at the Chesapeake Boulevard facility. The Healthy Lifestyles Fitness Center will also relocate to this facility sometime in 2008.

## **St. Mary's County Department of Aging**

St. Mary's County Department of Aging is excited to be the first in Maryland to offer Enhance Fitness—a program based on solid research and tested in over 100 sites around the country. The Enhance Fitness Program is a series of specially designed and tested exercises developed for older adults, and consists of a full hour of fun, dynamic cardiovascular, strength training, stretching, flexibility, and balance exercises. The classes meet three times a week at St. Mary's County senior center locations.■

# Word Search Puzzle: Maryland Symbols

S D X U F B L A C K E Y E D S U S A N V  
M O Z V W E K Z F E U T H N M P N I V S  
A U S Z K Y C B L P N Z F A W B P K G F  
R Z H C I C W V U J O T Q L E A F L E G  
Y C S S X R A R D X X H E Y R K C T A X  
L T L X I L U J X P R W X R M G D Y J V  
A B O S R B T I P C O C E A S G M I S O  
N J K P X M Q I Z I C T X M S T E C T D  
D O N B L E I Y E Z K C J F V X A Z V B  
M H W N C U X S W C F S A O B X S G B T  
Y O F H P E M U A V I E B L U M T P E S  
M Y F T I P K B A G S V U A I S X D Z K  
A Z N I C T D D V L H E D E A C T M W U  
R L I I S N E Y A U C V L S D U O I F H  
Y A E L O I R O E R O M I T L A B C N D  
L K H M A R Y L A N D S T A T E F L A G  
A M A O Z I G B W K I Y Z E H M J G B T  
N I Q C F M K N R B W N P R U O D X Q C  
D W E E S R O H D E R B H G U O R O H T  
R Q I R Y V B S H O U F V C U M I U L M

Baltimore Oriole  
Black Eyed Susan  
Blue Crab  
Calico Cat  
Center Stage

Diamondback Terrapin  
Great Seal of Maryland  
Jousting  
Maryland My Maryland  
Maryland State Flag

Rockfish  
Skipjack  
Thoroughbred Horse  
White Oak

(For answers to the puzzle, visit MDOA's website at [www.mdoa.state.md.us](http://www.mdoa.state.md.us))

# Maryland Symbols Solution

```
+ + + + + B L A C K E Y E D S U S A N +
M + + + + + + + + E + + + N + + + I + +
A + + + K + + + + + N + + A + + P + + +
R + + + + C + + + + + T + L + A + + + +
Y + + + + + A + + + + + E Y R + + + + +
L + + + + + + J + + R + + R + + + + + +
A + + + + + + + P + O + E A S + + + + +
N + + + + + + + + I C T + M + T + + + +
D + + + + + + + + + K C J F + + A + + +
M + W + + + + + + C F S A O B + + G + +
Y + + H + + + + A + I + + L U + + + E +
M + + + I + + B + + S + U A I S + + + +
A + + + + T D + + + H E + E + C T + + +
R + + + + N E + + + C + + S + + O I + +
Y + E L O I R O E R O M I T L A B C N +
L + + M A R Y L A N D S T A T E F L A G
A + A + + + + B + K + + + E + + + + + T
N I + + + + + + + + + + + R + + + + + +
D + + E S R O H D E R B H G U O R O H T
+ + + + + + + + + + + + + + + + + +
```

(Over, Down, Direction)

BALTIMOREORIOLE (17, 15, W)

BLACKKEYEDSUSAN (6, 1, E)

BLUECRAB (15, 10, SW)

CALICOCAT (12, 9, SE)

CENTERSTAGE (9, 1, SE)

DIAMONDBACKTERRAPIN (1, 19, NE)

GREATSEALOFMARYLAND (14, 19, N)

JOUSTING (13, 9, SE)

MARYLANDMYMARYLAND (1, 2, S)

MARYLANDSTATEFLAG (4, 16, E)

ROCKFISH (11, 6, S)

SKIPJACK (12, 10, NW)

THOROUGHBREDHORSE (20, 19, W)

WHITEOAK (3, 10, SE)

## Seniors Convene in Annapolis to Discuss Legislative Priorities (Continued from Page 3)

The United Seniors of Maryland is a non-profit coalition of organizations representing 800,000 seniors whose purpose is to advocate for legislation on behalf of the senior citizens of Maryland. Its advocacy efforts include rallies, testimony and grassroots initiatives with a primary focus on State policy issues.

In 1999, USM expanded its legislative advocacy to federal issues by holding its first federal rally in Washington, D.C.

Legislative priorities are established annually by USM's Board of Directors. USM does not endorse political candidates, but does survey the positions of candidates and make that information available to its members.

USM meets regularly (usually the third Monday of each month). Special meetings may be called from time-to-time.

For more information about USM, membership registration, or the 2008 Legislative Priorities, call:

**1-800-60seniors**

or visit the website at

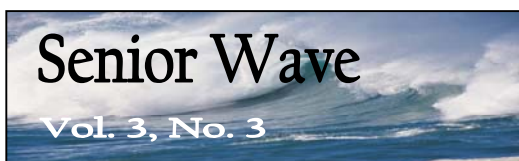
**[www.unitedsrsofmd.org](http://www.unitedsrsofmd.org)**



Governor O'Malley and Secretary Lawlah address USM Rally in Annapolis.



Governor O'Malley greets participants at USM Rally.



*Senior Wave* is a publication of the Maryland Department of Aging.

Martin O'Malley, *Governor*  
Anthony G. Brown, *Lt. Governor*  
Gloria Lawlah, *Secretary*

Editor  
Toni L. Price  
410-767-4170  
[tlp@ooa.state.md.us](mailto:tlp@ooa.state.md.us)

Local: 410-767-1100  
Toll Free: 1-800-243-3425  
TTY users call via Maryland Relay

Website  
**[www.mdoa.state.md.us](http://www.mdoa.state.md.us)**



PRSRT STD  
US POSTAGE  
PAID  
PERMIT #7662  
Baltimore, MD